

Monster Mash Soup

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Margarine, soft, trans-fat-free		1 Tbsp		4 Tbsp
Onions, minced		1/4 cup		1 cup
Water		6 cups		24 cups
Dry split green peas		2 cups		8 cups
Fresh celery, diced		1-1/4 cups		5 cups
Fresh carrots, diced		1-1/4 cups		5 cups
Bay leaves		1 leaf		4 leaves
Pepper, black		1/4 tsp		1 tsp
Ground marjoram		1/8 tsp		1/2 tsp
Ground thyme		1/4 tsp		1 tsp
1% (low-fat) milk, hot		2 cups		8 cups
Wheat bread, toasted		6 slices		24 slices

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	103	
Total Fat	2 g	
Protein	5 g	
Carbohydrates	17 g	
Dietary Fiber	3 g	
Saturated Fat	1.5 g	
Sodium	121 mg	

Directions

1. In stock pot, sauté onions in margarine until soft and slightly browned (2 - 3 minutes).
2. Add water to onions and bring to a boil.
3. Add peas, celery, carrots, bay leaves and pepper. Bring to a boil.
4. Reduce heat. Simmer, uncovered, until peas are soft. (About 50 minutes.)
5. Add marjoram, thyme and hot milk. Stir to blend.
6. Serve 1 cup. Place 1/2 slice of toasted bread on top.

Notes

Serving Tips:

The split peas in this soup count as a meat/meat alternate. Change it up by substituting black, kidney or white beans.